



WEST CALDWELL HEALTH DEPARTMENT

SERVING WEST CALDWELL, NORTH CALDWELL & FAIRFIELD

CONTINUOUSLY EVOLVING TO GIVE EVERYONE AN OPPORTUNITY TO ACHIEVE THEIR BEST HEALTH.

THE WEST CALDWELL HEALTH DEPARTMENT PROVIDES RESOURCES ON SOCIAL SERVICES, LOCAL FOOD PANTRIES, TRANSPORTATION SERVICES, FEDERALLY QUALIFIED CENTERS, VACCINATION OPPORTUNITIES.

WELLNESS & PREVENTION ARE INVESTMENTS LEADING TO POSITIVE HEALTH OUTCOMES.

THE WEST CALDWELL HEALTH DEPARTMENT ATTENDS LOCAL WELLNESS FAIRS, HOLDS BI-MONTHLY BLOOD PRESSURE SCREENINGS AT THE LOCAL LIBRARIES, PROMOTES AND PROVIDES VACCINE INFORMATION TO LONG-TERM CARE FACILITIES, CIRCULATES A MONTHLY NEWSLETTER, HOSTS NUTRITION EVENTS, AND MORE.

EDUCATION & EVIDENCE-BASED DECISION-MAKING BASED ON SCIENCE & RESEARCH.

THE WEST CALDWELL HEALTH DEPARTMENT ENGAGES YEAR-ROUND WITH ALL POPULATIONS AT OUR LOCAL LIBRARIES, SUMMER CAMPS, SENIOR CARE CENTERS, SPORTING EVENTS, SCHOOLS, ETC. TO PRESENT CURRENT PUBLIC HEALTH TOPICS AND PROVIDE EDUCATION MATERIALS.



PROTECTING THE HEALTH & SAFETY OF OUR COMMUNITY.

THE WEST CALDWELL HEALTH DEPARTMENT'S SERVICES HAVE GROWN OVER TIME TO PROVIDE THE FOLLOWING (AND MORE) TO OUR COMMUNITY: HEALTH & WELLNESS, ENVIRONMENTAL HEALTH, EMERGENCY & DISASTER INFORMATION, MENTAL HEALTH, MOSQUITO CONTROL, ANIMAL CONTROL, RECYCLING & LEAF COLLECTION.

EMPOWERING INDIVIDUALS TO MAKE GOOD HEALTH DECISIONS.

THE WEST CALDWELL HEALTH DEPARTMENT WORKS WITH STAKEHOLDERS TO ADDRESS THE SPECIFIC NEEDS AND CONCERNS OF THE INDIVIDUALS WITHIN OUR COMMUNITY.

ENGAGING COMMUNITY PARTNERS TO IDENTIFY & ADDRESS HEALTH DISPARITIES.

THE WEST CALDWELL HEALTH DEPARTMENT PARTNERED WITH SHOPRITE, THE FAIRFIELD POLICE DEPARTMENT AND SAFE KIDS ESSEX COUNTY TO HOST A CHILD CAR SEAT SAFETY, NUTRITION AND POISON CONTROL PRESENTATION.



MARCH 2024 | VOLUME 27



Public Health

MARK YOUR CALENDARS!

NATIONAL PUBLIC HEALTH WEEK APRIL 1 - 7, 2024

PUBLIC HEALTH IS MORE THAN JUST HEALTH CARE.

IT'S THE STEPS WE TAKE TO MAKE SURE OUR NEIGHBORHOODS AND OUR ENVIRONMENT ARE FREE FROM POLLUTION. IT'S MAKING SURE OUR FOOD AND WATER ARE SAFE TO EAT AND DRINK. IT'S THE RELATIONSHIPS WE FOSTER IN OUR COMMUNITIES.

WE'RE ALL INTERCONNECTED. WHEN WE ALL COME TOGETHER TO SUPPORT PUBLIC HEALTH, ALL OF US — INDIVIDUALS, FAMILIES, COMMUNITIES AND THE PUBLIC HEALTH FIELD — CAN ACHIEVE THE GOALS OF PUBLIC HEALTH.

MINDFUL CORNER: CAN LIVING IN THE MOMENT IMPROVE YOUR HEALTH?

AT SOME POINT IN YOUR LIFE, SOMEONE PROBABLY TOLD YOU: "ENJOY EVERY MOMENT. LIFE IS SHORT." THE IDEA IS CALLED MINDFULNESS.

THIS ANCIENT PRACTICE IS ABOUT BEING COMPLETELY AWARE OF WHAT'S HAPPENING IN THE PRESENT—OF ALL THAT'S GOING ON INSIDE AND ALL THAT'S HAPPENING AROUND YOU. SCAN THE QR CODE BELOW TO LEARN MORE ABOUT MINDFULNESS PRACTICES.



MARCH

IS...



BRAIN INJURY AWARENESS MONTH

BRAIN INJURY IS UNPREDICTABLE IN ITS CONSEQUENCES AND CAN CHANGE EVERYTHING ABOUT US IN A MATTER OF SECONDS. THE BRAIN INJURY ASSOCIATION OF AMERICA PROVIDES THE LATEST RESEARCH, TREATMENT OPTIONS, RESOURCES AND INFORMATION ON LOCAL SUPPORT SERVICES. [CLICK HERE](#) FOR A LIST OF FAQs RELATED TO BRAIN INJURY.



MULTIPLE SCLEROSIS AWARENESS MONTH

MULTIPLE SCLEROSIS (MS) IS THE MOST COMMON DISABLING NEUROLOGICAL DISEASE OF YOUNG ADULTS WITH SYMPTOM ONSET GENERALLY OCCURRING BETWEEN THE AGES OF 20-40 YEARS. SCAN THE QR CODE TO READ HOW THIS DISEASE CAUSES DAMAGE TO THE CENTRAL NERVOUS SYSTEM.



NATIONAL COLORECTAL CANCER AWARENESS MONTH

IF YOU'RE 45 YEARS OR OLDER, THE TIME TO GET SCREENED FOR COLORECTAL (COLON) CANCER IS NOW. CDC'S *SCREEN FOR LIFE: NATIONAL COLORECTAL CANCER ACTION CAMPAIGN* INFORMS MEN AND WOMEN WHO ARE 45+ ABOUT THE IMPORTANCE OF GETTING SCREENED FOR COLORECTAL CANCER REGULARLY. [CLICK HERE](#) FOR INFORMATION ON COLON CANCER SCREENING TESTS.



NATIONAL NUTRITION MONTH

JOIN THE U.S. FOOD AND DRUG ADMINISTRATION (FDA) IN CELEBRATING NUTRITION EVERY MARCH BY LEARNING HOW TO MAKE INFORMED CHOICES ABOUT YOUR FOOD.

[CLICK HERE](#) AND CONSIDER THESE SUGGESTIONS TO KICKSTART HEALTHY HABITS IN YOUR OWN LIFE.

